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Tyndall Air Force Base, Fla. *Gulf Defender*

Aug. 18, 2000



Tech. Sgt. Sean E. Cobb

## Talking about pressure...

**Staff Sgt. Jerry C. Wade, Detachment 4, 372nd Training Squadron egress instructor, demonstrates to students how to perform a pull test on the ejection handles for the F-15's advanced concept ejection seat, the ACES II. The 372nd TRS provides aircraft maintenance training to support the F-15 worldwide.**

# 325th LSS tackles CDC failures

**1st Lt. Catie Devlin**  
325th Fighter Wing  
public affairs

The 325th Logistics Support Squadron military training flight just completed a two-week, in-depth study on recent Career Development Course failures among members of Tyndall's logistics and operations groups.

"The main focus of the study was aircraft maintainers," said Chief Master Sgt. Frank Palmasani, 325th LSS flight chief. "In Fiscal 1999, they averaged a 90-percent pass rate, but for Fiscal 2000 the pass rate is sitting at 84 percent, with only a month and a half left."

Concern was expressed that the CDC program was not being run or managed properly. "This put us in the mode to take a hard look at it," Palmasani said. "So we went down into the grass and started peeling back the onion."

"We looked at everything from the individuals' initial entry into the Air Force to their reading tests and report cards out of Sheppard AFB, Texas," Palmasani said. "We found no indication that these failures were caused by any problems prior to being at Tyndall."

After compiling and comparing statistics Air Force wide and conducting

extensive interviews with more than 40 supervisors and trainees, Palmasani's research team discovered the most probable causes for the recent failure rate.

"The most glaring thing we found was that it was taking an average of six months from the time the person completed his volumes of the CDCs until he actually took the test," Palmasani said. "We also noticed that the average time it took to complete the CDCs was nine months—with a three-volume CDC, it shouldn't take that long. This time frame ignores base instructions, which mandate no more than 30 days per volume."

"A big factor documented was the environment," he added. "We are in Panama City, Florida, and in most cases we're getting 18 year olds who've never been away from home. They come here and encounter many distractions, to include the opportunity to 'party with thousands.'"

Along with these findings, came other causes of failure:

- Trainees are not studying.
- Trainees have ineffective study habits.
- Trainees are unsure of what to study.
- Some trainees have a test-taking fear.
- Personal problems and circumstances may not be taken into account.

● There's an ill-conceived notion that failing is not the end of the world because 'you get a second chance.'

"Assuming you automatically have two chances is a dangerous way to look at it," said Maj. Monty Deihl, 325th LSS commander. "If you fail the second time, there are a couple of options: get a waiver, cross-train or separate from the Air Force. Waivers are the exception, not the norm, and even if you receive a waiver, is justice being done or is the problem just being delayed?"

Although the trainee seems to be the main 'cause' so far, Palmasani and his team researched supervisory causes for failure as well. Here's what they found:

- There is a lack of supervisor involvement in CDC preparation—they are not effectively budgeting time for follow-up and review with trainees.
- During reviews, supervisors are not ensuring trainees are actually reading and studying the material.
- Many supervisors are viewing training as another thing they have to do on a long list of requirements—there are too many trainees, and mission requirements preclude spending ample time with each one.

● Turn to CDC Page 4

# Air Force firefighters prepare for worldwide conference

**Tech. Sgt. Michael A. Ward**  
Air Force Civil Engineer  
Support Agency  
public affairs

More than 800 Department of Defense firefighters will join thousands of civilian firefighters at the Fire-Rescue International Training Conference Aug. 24-31 in Dallas.

The DOD's Fire and Emergency Services Training Conference will be held simultaneously at the same location.

The conference sponsorship is rotated annually between the Air Force, Army and Navy. The Air Force is this

year's sponsor, and the Air Force Civil Engineer Support Agency will organize and hold the conference.

"These two conferences provide valuable networking and training opportunities for our fire and emergency services members," said Chief Master Sgt. James Podolske, Air Force Fire Protection program manager. "It gives DOD firefighters the opportunity to interact, share ideas and get a perspective of the firefighting challenges that are unique to the different services. It also allows us to interact with manufacturers and get a first-hand look at new technologies and equipment that are being developed to make fire fighting

ing safer and more efficient."

A highlight of the conference will be the announcement of the annual DOD Firefighter of the Year award winners. Awards are given in four categories: military firefighter, civilian firefighter, fire department and firefighter heroism.

Air Force winners were selected in May and will compete against firefighters from the Army, Navy, Marines, Coast Guard and Defense Logistics Agency. Air Force winners who are nominees for the DOD awards are:

- Military — Senior Airman Luis Ortiz-Acevedo, 510th Civil Engineer

Squadron, Air Force Academy, Colorado Springs, Colo.

● Civilian — Ronald Winham, 97th CES, Altus AFB, Okla.

● Fire department - 86th CES, Ramstein AB, Germany.

● Heroism — Master Sgt. Mark Norris, Eglin AFB; Senior Airman Trevor Elsen, McClellan AFB, Calif.; Senior Airman Sean Kirkeby, Randolph AFB, Texas; Senior Airmen Rudolf Kreybig Jr. and Michael Stephen Johnson, Sheppard AFB, Texas; Senior Airmen Michael Kiel and Rory Shaffer, McChord AFB, Wash.

The DOD Heroism Award is usu-

ally presented to an individual or team members from the same unit. This year's recipients are from different units. They became a team, however, during a mishap involving an aircraft they were all on.

In December 1999, a C-130 carrying 86 troops to Ahmed Al Jaber AB, Kuwait, landed short of the runway, causing the landing gear to violently rip through the fuselage. Three people were killed and 17 injured in the incident. The firefighters helped provide emergency aid to the victims as the heavily dam-

● Turn to FIRE Page 4



# Uniform board releases results

WASHINGTON (AFPN) — Development of an optional polyester uniform for people sensitive to wool and an athletic-cut uniform for body builders were some of the uniform changes recommended by the 95th Air Force Uniform Board and approved by Air Force Chief of Staff, Gen. Michael E. Ryan, Aug. 10.

Nineteen recommendations were approved, 47 were disapproved, 10 were referred for additional study and eight were addressed but require further staffing.

Some changes require uniform design modification or development and testing and evaluation by senior leadership before they can be implemented.

The following recommendations were approved by the chief of staff. Implementation guidance is pending.

- Standardization of the all-weather coat by removing the gun-flap on the current issued coat.
- Requirement to wear all ribbons, including devices, when wearing ribbons.
- Tabs will be added to the maternity jumper.
- Female officer mess dress shoulder boards will be resized.
- GorTex parka will be available in military clothing stores as an optional item.
- Wear of flight gear authorized for Phoenix Raven personnel.
- Development of an optional 100 percent acrylic or an acrylic-and-wool blend pullover sweater.
- Development of badges proportioned between the miniature and regular-sized badges.
- Development of an optional polyester uniform for people sensitive to

wool.

- Development of an athletic-cut uniform.
  - Investigating a fire-resistant uniform for firefighters.
  - Changing language in Air Force Instruction 36-2903 to read: Fingernail length must not interfere with duty performance or hinder proper fit of prescribed safety equipment or uniform items.
  - Attaché cases, gym bags, backpacks and women's purses may be carried in either hand as long as they do not interfere with rendering proper military courtesies.
  - When current supplies run out, the women's handbag will no longer be issued in basic training.
  - Plain dark blue or black ropes, silver or plastic small-link chain and clear plastic chain attachments may be worn for access badges.
  - Center excellence-in-competition badges on the welt pocket of the service dress jacket.
  - Pharmacy technician certification badges may be worn on the white utility uniform one-half inch above the nametag.
  - Camel pack water containers may be worn as part of the standard hot-weather uniform.
  - Improve alignment of women's tie tab with collar.
- Items referred for additional study are:
- Use of the same non-roll elastic in the maternity blue pants that is used in the maternity BDU pants.
  - Resizing women's tall-sized uniforms.
  - Resizing tall-sized mess dress uniforms.



2nd Lt. Chris Dunn

**Tech. Sgt. Jeffery McWaine, a Tyndall NCO Academy student from Bolling AFB, Washington, D.C., checks out the new summer-weight battle dress uniform headgear at Tyndall's military clothing store.**

- Develop brown or black thermal underwear to be worn with BDUs.
- Upgrade Air Force BDU cap.
- Increasing the circumference of maternity BDU sleeves by two inches.
- Redesign the maternity BDU slacks by either adding an adjustable drawstring or adjustable shoulder straps.
- Review optional purses, available through the Army and Air Force Exchange, which meet Air Force requirements.
- Review Space and Missile badge.
- Review sleeveless BDU shirt and shorts.

The following items were addressed by the uniform board, but require further staffing:

- Standardized food-service uniforms Air Force-wide.
- Removal of the cloth tape bearing the words Special Agent for Air Force Office of Special Investigations members and add a subdued U.S. collar insignia.
- Redesign of the combat weather

- team beret device.
- Allowing inconspicuous and conservative brand names on the temple piece or arm of eyeglasses and sunglasses.
- Wear of enlisted rank on BDU headgear.
- Allowing for the permanent wear of U.S. Army Ranger tab or patch.
- Allowing wear of the U.S. Army Air Assault functional badge.
- Making wear of the occupational badge mandatory on the service dress.

# Gulf War health lessons aid current deployments

**Linda D. Kozaryn**  
*American Forces Press Service*

**WASHINGTON (AFPN)** — Defense officials want to ensure lessons learned from the Gulf War about medical readiness are applied to current and future troop deployments.

To this end, Defense Secretary William S. Cohen has broadened the scope of the Department of Defense’s Office of the Special Assistant for Gulf War Illnesses, renaming it the Office of the Special Assistant for Gulf War Illnesses, Medical Readiness and Military Deployments.

“It’s everything it was but more,” said Bernard Rostker, Undersecretary of Defense for personnel and readiness. “We’re transitioning the organization to deal not only with Gulf War illnesses, but also with other situations that might arise from current or future deployments.”

Rostker has headed the Gulf War

office since it opened in November 1996. Since then, his team of up to 180 people has helped Gulf War veterans obtain medical records previously believed lost and has produced more than 30 investigative reports.

As a result of this effort, Rostker said, defense officials realized the Pentagon was not well-structured to handle nontraditional situations, in this case, retrospective inquiries. “We’re excellent in fighting wars today,” he said. “We’re terrific at looking forward to fighting wars in the future. It’s when we look backward that we’re not well-structured.”

The Gulf War office has developed investigative procedures and established working relationships with veterans groups, he said. “It became obvious that these kinds of situations are not unique to just the Gulf War, and we needed a vehicle in the department to maintain focus on veterans’ needs today and in the future.”

Deployed service members face potential environmental health risks such as industrial waste, poor local sanitation and remnants of chemical weapons used in the past. Rostker’s new office will ensure these and other health issues remain on commanders’ radar screens.

“We know for example that the Canadians have had concerns about a bivouac area in Croatia,” Rostker noted. “The British have had some concerns about a Kosovo camp. We want to be in a position where we can be proactive and support our veterans.”

U.S. defense officials are now focusing on these types of environmental hazards as well. In Kosovo, for example, the military has taken hundreds of air, water and soil samples. “These will be very useful if we have to deal with issues of potential exposures in the future,” Rostker said.

Prior to selecting base locations in Kosovo, he added, military leaders con-

sulted the Gulf War Illnesses Office. “We were able to certify the locations as being toxin free.”

The Gulf War also has had an impact on chemical doctrine and the design of chemical equipment, Rostker noted. “We’ve made the chemical community much more sensitive to the need to minimize and record false alarms. That weighed heavily on our veterans during the Gulf War and was something that was never recognized in our doctrine.”

The Gulf War also heightened the DOD’s sensitivity to the need for good medical records and the importance of keeping service members informed about the vaccines they receive. When defense officials tried to reconstruct what had happened during the Gulf War, they found it was impossible to determine where troops were located at all times, which vaccines they had received and what medical procedures had been done.

“While we have not deployed a new medical records system,” Rostker said, “we certainly are aware of the need to capture records from the existing system. The new organization will be there to work with the commands to ensure records are preserved — frankly, in ways that were not done during the Gulf War.”

Defense officials also identified the need to properly train troops using depleted uranium. Rostker said the new office would work to ensure all the lessons are incorporated into force health programs.

The office will continue to provide a forum for service members and veterans to discuss deployment concerns via the Internet and toll-free telephone numbers.

“Our ability to work with Gulf War veterans over their concerns will continue uninterrupted,” he said. “But we’ll extend that to veterans who may be concerned about issues from any past or future deployments.”

## Education bill goes unused

**Gerry J. Gilmore**  
*American Forces Press Service*

**WASHINGTON (AFPN)** — Can you imagine turning down \$20,000 in education benefits — especially if you paid for it in advance with cold cash and sweat equity?

Half of all service members eligible for Montgomery GI Bill benefits regularly do just that, according to Department of Veterans Affairs officials. Service members qualify for the Montgomery GI Bill benefits by contributing a nonrefundable \$100 per month throughout their first year of active service and successfully completing an active-duty “hitch.”

Walking away from the benefit is a waste of a great investment, VA officials said. At the current \$536 monthly benefit for 36 months of full-time schooling, the bill pays \$16 for every \$1 members must invest, according to Dennis Douglas, VA deputy director for education services.

He and other VA officials stressed Montgomery GI Bill benefits do not have to be paid back, unlike student loans.

Recent changes to the Montgomery GI Bill make it even better, VA spokesman Terry Jemison said. The program now pays the cost of some preparatory courses for college and graduate school entrance exams. Also, eligibility has been expanded to include some officer training school graduates and surviving spouses, he added.

For more information on the program visit the GI Bill web site at: [www.gibill.va.gov](http://www.gibill.va.gov). The web site offers detailed information, application forms and frequently asked questions covering the Montgomery GI Bill, earlier GI Bills and other VA educational programs.

# Promotion rate equals good news

WASHINGTON (AFPN) — This year's record-setting staff sergeant promotion rate brings more airmen into the NCO ranks earlier, which Air Force officials say will aid retention and put the Air Force more in line with the other services' average sew-on times.

"This year's promotion rate of 51 percent brings the Air Force closer to the other services' average sew-on times," said Lt. Col. Nellie Riley, Air Staff promotions and evaluations branch chief.

The Air Force averages 6.6 years, with the other services leading with an average of 4.2 years for the Army; 5.2 for the Navy and 4.4 for the Marines. Riley said this year's selection rate to staff sergeant reflects the service's return to a stable force structure and end-strength levels following years of draw down and is good news on the retention front.

"We need to remember that these are the folks who won the Kosovo air war... went to Africa and saved lives and are supporting 'real' combat in SWA (Southwest Asia) every day, said Brig. Gen. Michael C. McMahan, Air Staff personnel force management chief. They are performing above their rank every day — now we will begin to recognize the

responsibility they have had by promoting them. They have already risen to the challenge and passed — with combat flying colors."

With the increased promotion rates and lower time-in-service and time-in-grade levels, there has been a drop in Promotion Fitness Exam scores.

In 1996, the average PFE score was just over 56, according to Air Force officials. It climbed to 73 in 1998, but dropped to 49 this year. The PFE and Skill Knowledge Test evaluate competitiveness among peers, with the PFE focusing on subjects such as Air Force history and customs and courtesies, whereas SKT covers job knowledge and experience, Riley said.

"As supervisors and commanders, we need to ensure our people understand the importance of the PFE in the development of a well-rounded NCO," she said. "We must also remember the five-level shortage we've been faced with, combined with the hectic operations tempo over the past five to 10 years, has made our senior airmen work extraordinarily hard and with resounding success."

"We're confident that our commanders and supervisors are doing a great job

in identifying and determining their troops' qualifications for promotion," the colonel said.

As the security forces manager at Altus AFB, Okla., Chief Master Sgt. Charles Davis said he isn't too concerned about the relatively younger NCOs.

He said that many of the senior airmen in his squadron are already fulfilling supervisory roles, "so it's not going to be a major move for them or us, because they've been doing a good job supervising already," Davis said.

"We're in a transition period right now," Riley said. "Our top-five NCO-tier increase to 56 percent gives us even more authorizations — and we need to promote folks to fill them. We can expect to see promotion opportunities for the next few years unlike those we've seen before, with sew-on times for our mid-level NCOs declining across the board."

"These improved promotion rates will put more money in troops' pockets earlier, which will help relieve financial stress and improve quality of life," she said. "We've always said we run out of stripes before we run out of quality people. Now we have the stripes to give those quality people."

## ●CDC from Page 1

"As you can see, this is really a two-part problem," Deihl said. "The CDC process, both for the individual and the supervisor, is not getting the attention it deserves. "The individual has to accept responsibility for their own career progressions and the supervisor has to stay on top of training to ensure the right things are getting done."

So, how do we fix the problem? "As far as our recommendations go, we've gone 'back to basics,'" Palmasani said. "We're giving the trainees assignments and using those assignments to evaluate them. It's a good check-and-balance technique. Also, our training managers compile a monthly training-status report, which is briefed to the commander. If a trainee is not keeping up with training, his name is in lights."

Other recommendations from the study include:

- Trainees doing homework, completing self tests, taking notes and making flashcards on key points — supervisors conducting review of homework.

- Ordering the exam as soon as CDC volumes are complete.
- Supervisors conducting a comprehensive review of all material.
- Taking a pretest to measure trainees' knowledge.
- Military personnel flight offering afternoon exams for swing-shift workers.
- Maintenance training flight developing a course on "How to Study."
- Supervisors placing emphasis on CDC importance and getting more involved in training.

"Recommendations for the supervisors are pretty cut and dry," Palmasani said. "They need to find quality time for the CDC program. For the trainees, the bottom line is they have the overall responsibility — we can't take the test for them."

Since the findings and recommendations of this study have just recently been implemented, there are no real results yet. "It's still too early to tell if these measures are going to fix the problem," Palmasani said. "But I think we've pretty

much nailed down the causes."

According to Deihl, CDC failures are problems at other Air Force bases also. "This is mainly a re-focus on the right way to supervise our folks and put the attention where it needs to be," he said. "A person is only going to pay as much attention to his CDCs as his boss expects him to."

"Training is the solution to the problem, not the source of the problem," Deihl added. "The 325th Fighter Wing, like the rest of the combat air forces, is short on five- and seven-level maintenance people. The Air Force is doing what it can to bring in new recruits. That means more three-levels, equating to an even larger workload for our five- and seven-levels, who are being asked to train and mentor them."

"We must remember we are part of Air Education and Training Command," he said. "Training is our business and our people need to understand that CDCs are important and deserve whatever time it takes to get them done — we grow our own future."

## ●FIRE from Page 1

aged aircraft regained altitude and was directed to make an emergency landing at Kuwait City International Airport 48 minutes away.

Last year, Air Force firemen received three of the four DOD firefighter awards. Senior Airman Delton J. Tills, USAF Academy, Colorado Springs, Colo., was named

Military Firefighter of the Year; Tetsuro Hayashi, assistant fire chief at Kadena AB, Japan, was named Civilian Firefighter of the Year; and the 314th Civil Engineer Squadron Fire Department, Little Rock AFB, Ark., was named Fire and Emergency Services Department of the Year. The Air Force Heroism Award winner was David LaPlante, a

firefighter at Moody AFB, Ga.

AFCEA is a 200-person field operating agency that provides tools, practices and professional support to Air Force civil engineers worldwide. One of its main areas of responsibility is providing training, equipment, management practices, computer and technical support to all Air Force firefighters.





# Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

### Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	12	7	+5

# Commander's Corner:



**Brig. Gen. Hodgkins**

**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing  
commander

The “dog days” of summer are quickly coming to an end. School will soon be back in session, and although Tyndall approaches the end of its “101 Critical Days of Summer,” **safety** needs to remain on the forefront of everyone’s mind.

With only four weeks of the “101 critical days” remaining, Air Education and Training Command has had four traffic-related fatalities – one claimed Tyndall’s very own.

Although the Air Force does extremely well overall in the areas of traffic- and sports-related fatalities within the United States, we cannot become complacent. Please watch out for each other, don’t let up – help keep our Tyndall family safe.

On another issue, we’ve been letting our guard down lately, especially with driving under the influence of alcohol. **Team Tyndall’s** drinking-and-driving statistics have increased steadily over the last few months. We’ve had about **12 incidents** in 2000 alone, five more than last year at this time.

We all know drinking and driving can be a fatal mistake! Alcohol impairs driving skills such as reaction time, coordination, attention, visual awareness and judgment. So think **‘safety,’** not only for you, your friends and your family, but also for the innocent people who may be affected by your actions. I ask you to please be responsible when drinking — *designate someone to drive and stay alive!*

With the winding down of summer, comes the ‘gearing up’ for **Tyndall’s Operational Readiness Inspection**. Yes, I know it’s not until January, but

*prior planning and preparation* is critical if we want to water the IG’s eyes. It’s time to start thinking about the inspection now! Know the inspection criteria; do a self-evaluation; take note of areas that need improvement; make changes as soon as possible. Tyndall is an outstanding base, so let’s make sure we’re ready to prove it to the January inspection team by preparing for their visit today!

On the subject of looking good and being ready for inspection, I was privileged to join Col. Bledsoe, 325th Fighter Wing vice commander, at **Tyndall’s Annual Vehicle Roll-by** Tuesday. The entire event was held 8:30-11 a.m. Tuesday through Thursday.

Tyndall’s vehicle fleet must continue to meet the test of serviceability and mission responsiveness. The roll-by gives us, as commanders, the opportunity to identify those vehicles that require painting, corrosion control and interior upgrades, so as to better support our people and make the best use of our allocated budget.

What an outstanding turnout! Everything looked great. All I have to say is **WAY TO GO Trend Western** — thanks for your continued service to **Team Tyndall!**

Every day, the people and continuous mission accomplishment of Tyndall leave me with an excellent impression of this base and this team. Having my first flight at Tyndall on Monday, I was once again in awe of your performance as I watched one of the **three** best fighter squadrons in the Air Force, the 1st FS, in action! I send my sincerest thanks to the **“Fighting Furies”** for making my **‘first’** flight at Tyndall an incredible ride.

To the rest of the **team**, have a great week.

## Action Line



Staff Sgt. John Asselin

**From left to right, Col. Armand P. Grassi, 325th Logistics Group commander, Col. William L. Bledsoe, 325th Fighter Wing vice commander and Howard Funkhouser, Trend Western Corp. project manager, discuss the quality of the vehicles as they paraded by Wednesday for Tyndall’s Annual Vehicle Roll-by.**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing  
commander

**Q. In reference to the recent fee hike notice for child care, the end of the document states that commanders may give a 20 percent discount for each additional child at the child development center. I would like to know why some other bases offer this discount but it is not offered here at Tyndall?**

A. The document that you are referring to is a news article from the Armed Forces Press Service, and is meant to represent information from across the Department of Defense. Unfortunately, the article fails to note that the statement which mentions the

20 percent discount does not apply to all branches of the armed forces. Other branches may give such discounts, but the Air Force is specifically prohibited from doing so by direction of Headquarters U.S. Air Force, Directorate of Services, Family Member Programs. Therefore, Tyndall cannot, by Air Force policy, give such discounts.

If you would like to see a copy of the Air Force Directorate of Services’ complete policy regarding child care fees, or if you need any further information, please contact Martha Robinson, Tyndall Child Development Center director, 283-4701.



# Positive attitude, vision prepare base for ORI

**Lt. Col. Richard McSpadden**  
*325th Fighter Wing  
operational readiness inspection  
chief*

Imagine that it’s February 2001. The operational readiness inspection is over and the Air Education and Training Command inspector general team has just finished their out brief. As you walk out of the base theater, how do you feel? Are you bursting with pride, with yourself, your co-workers and your organization? Or not... are you walking out feeling that you missed an opportunity; feeling that you should have done a little more; could have been more thorough in your preparation? Clearly, we want the first vision.

The best-selling author Stephen Covey advises to “begin with the end in mind.” The end in mind for us is a feeling of pride and accomplishment that results from showing the AETC IG team why we’re the world’s best training wing and how we do it day-to-day.

The most important step in achieving our vision is attitude. We must not fear the ORI, nor

dread it, we must embrace it. We must see it as opportunity, an opportunity to excel, to highlight our people and showcase our programs to the rest of AETC.

A positive attitude is contagious. Once a few people in the organization become eager and optimistic it will soon permeate the unit and become part of the culture. When that happens, energy and enthusiasm become second nature and negative attitudes are squashed. All of us occasionally have bad days, but if we’ve helped establish a positive culture in our unit, our co-workers will pick us up and help us regain focus. Units with a positive culture have an electricity you can feel when you walk in the door.

Whether a unit is anticipating or dreading the ORI will result from the collective attitude of its people. So as we begin our march to ORI success, let’s start with our attitude. Are you dreading the ORI? Do you recognize it as opportunity? The end we have in mind is success, pride and accomplishment at the ORI out brief...smiles on everyone’s faces. The beginning of that success is a positive attitude. How’s yours?

# Base security is everyone’s business

**Tech. Sgt. John E. Peloquin**  
*325th Security Forces Squadron  
information security manager*

Believe it or not, security is everyone’s business, from guarding personnel and resources to protecting classified information.

Protecting classified information is not just handling documents appropriately or storing equipment in safes. It also means that any knowledge of classified information you have in your head must be equally protected.

If you found classified information unattended, would you know what to do? How would you protect it? To whom would you report it? To answer these questions and more, you need to contact your unit security manager. They are responsible for ensuring you know what to do.

If they train you, who trains them? This is where the 325th Security Forces Squadron’s information, industrial, and personnel security managers step in. As the focal point for base and associate units on Tyndall, it’s their job to ensure classified information is properly protected and personnel have the

proper clearance levels to access information.

Information security is a system of policies, procedures and requirements established under presidential executive orders to protect information that, if subjected to unauthorized disclosure, could reasonably be expected to cause damage to national security.

The 325th SFS information security office is responsible for ensuring base and associate units comply with Department of Defense directives and Air Force instructions on training, safeguarding, marking and storing classified materials. This is accomplished through quarterly security managers’ training with meetings, education and training and annual program reviews within the units. The office is also responsible for industrial security, assisting base contractors in the handling and safeguarding of classified information.

The information security office also assists unit security managers in ensuring personnel meet proper clearance levels to work around classified information and equipment. In this area, they deal mostly with

periodic reinvestigations and initial investigations of security clearances.

Due to a backlog of security clearances throughout the Air Force, unit members have a deadline of Aug. 31 to complete their periodic reinvestigation packages. Once a clearance package has been completed and returned, it is forwarded to the 497th Inspector General at Bolling AFB, Washington, D.C. There, in conjunction with the defense security service, decisions are made to grant, suspend or revoke personnel clearances. Unit members not meeting the suspense deadline chance the possibility of having their security clearances revoked. When a clearance package is completed, please call your unit security manager.

The information, industrial and personnel security managers are ready to assist base and associate units in all security matters. If you have questions pertaining to clearance levels or the protection and handling of classified information, please call the information security office, 283-9914 or 283-9911. Remember, be security conscious — the Air Force mission depends on it!

# AF family takes care of its own

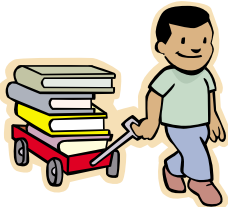
When far from home AF members have someone to turn to during the bad times

*Courtesy of a fellow Team Tyndall member*

The Air Force takes care of its people — I am living proof. Throughout my 10 years in the Air Force, I have either been witness to, or the recipient of, the care our people give each other. As an airman with few stripes and a family, I didn't have to worry about Thanksgiving dinner – the people on the base gave us everything we needed for a huge holiday meal. At Christmas, I didn't have to worry about cutting short on the groceries so the kids could have a wonderful day with gifts – Air Force people took care of us. When my grandmother died, I didn't have to worry about getting home for the funeral – my Air Force family

helped me get an Air Force Aid loan and plane tickets. Now I have more stripes, but the same kind of people were standing ready to help me when I needed it. They stepped forward last week. On Aug. 2, I came home and discovered my house had been broken into and robbed. They took the television, stereo, VCR, computer and more. They only left clothes, furniture and dishes. Worst of all, the thieves took my 9-year-old daughter's Beanie Babies – the ones "Dad gave me." My first call was to the police. I didn't have to think about where the second call would go — it went to my office. A few minutes after the police arrived, another person in uniform drove up – this time the

uniform matched mine. The first order of business was to make sure the kids were OK. The second was to give me a hug; it was the number one thing I needed at that moment. That night, we didn't have to worry about dinner or staying in a home that was freshly violated. The next morning when I went to work, sitting at my desk was a new TV, a VCR and, most importantly, a dozen Beanie Babies. The next time someone wants to complain to me about how we don't take care of our people, they might want to think twice. If this happened to me back home in Michigan, my family would have been there in a moment's notice to support and help me. Now that I am in Panama City, my Air Force family did the job as well as my biological one would have. I am not a special example – I have seen this show of support every time someone had a personal tragedy. Air Force people take care of Air Force people!



Take time with your kids — read together!

## Tyndall's chapel schedule

<b>Protestant</b>	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m. Chapel 1	Mass: 5 p.m. Saturday, Chapel 2
General Protestant Service: 11:00 a.m. Chapel 2	Mass: 9:30 a.m. Sunday, Chapel 2
Sunday school: in recess for the summer	Religious education: in recess for the summer
Kids' Club: in recess for the summer	Chapel 1: 283-2691
<b>Catholic</b>	Chapel 2: 283-2925
Daily Mass: noon Monday through Friday, Chapel 2;	Spiritual Maintenance: 283-2367
	<b>Other faith groups:</b> Call 283-2925



# Feature

## Overcoming obstacles both on land, in water Team Tyndall member jumps at chance to ... Bring home the gold for the United States Military Pentathlon team

**1st Lt. Catie Devlin**  
*325th Fighter Wing  
public affairs*

With five events, two teammates and the world as his audience, one Tyndall member proves that “man cannot really exist without a fixed point in the future” — a goal worth fighting for — in this case, ‘the gold.’

Capt. James Tanner, 325th Medical Operations Squadron physical therapist, along with Navy Lt. Grant Staats, Navy SEAL, and Cmdr. John Wieres, F-14 pilot, comprised the three-person U.S. team that took first place in marksmanship and third place overall in the NATO Interallied Confederation of Reserve Officers Military Pentathlon in Berlin, Germany, Aug. 1-3.

According to the CIOR, the military pentathlon is a demanding five-event, three-day team contest between NATO nations, which tests reserve component officers’ skills and physical readiness for combat.

“The whole competition is based on a team effort,” Tanner said. “You’re entered as a three-person team, and that team has to complete all five events together, while wearing the host country’s uniform and firing the host country’s weapons. This way we’re all on the same playing field — equal.”

The five events of the military pentathlon, outlined by the CIOR, include:

- The standard NATO land-obstacle course** — a paved 500-meter track containing 20 demanding obstacles, which requires coordination, strength, technique, agility, anaerobic conditioning and fortitude.
- The water-obstacle course** — a five-obstacle, 50-meter course that requires strength, coordination and strong swimming skills.
- Rifle marksmanship** — a course where the competitor fires the standard infantry rifle of the host nation at targets located 200 meters from the firing line. The course of fire consists of a slow, precision-fire phase and a rapid-fire phase.
- Pistol marksmanship** — a course where the competitor fires the standard side arm (pistol) of the host nation at targets 25 meters from the firing line. The course of fire consists of a slow precision and a rapid-fire phase.
- Land navigation and military skills course** — a six to 10-mile cross-country, land navigation course that the three-person team must complete using various maps and a compass. It requires cool thinking under physical stress, and the teams must carry the weapons used in the marksmanship competition, while completing an assortment of demanding military tasks.

“The 50-meter swim is basically a sprint while the land course has some strategy involved,” Tanner said.

“The best way to accomplish the land obstacle course is to do it all individually, since the team score is based on the last person’s time,” he explained. “But there are areas where you have to work together to overcome an obstacle. Some can only be accomplished one at a time, others may only have two lanes instead of three,” he added. “This is where the strategy comes

into play. Do you put your rabbit out front or have him fall behind and pass somewhere else on the course? Basically, this event is not something I like to do often — it’s very punishing.”

The land navigation course is also known as “orienteering” in Europe. “It can be almost anything,” Tanner said. “They give you a map and a compass, and you never know where you’re going to end up or how you’re going to get there. This year we had to navigate through some old World War II bunkers, but in Canada it was white-water canoeing down a raging river. We call this event the adventure run because we never really know what’s going to be thrown at us; this is where we really work as a team.”

Day one is the marksmanship competition, day two is the land and water obstacle courses and day three is land navigation. These three days of competition, however, are prefaced by weeks, months and even years of training.

“I’ve competed a total of six times in Canada, France, Norway, Denmark, England and Germany — off-and-on since 1990,” Tanner said. “I first got involved through the Reserve Officers’ Training Corps, basically because I was a track runner. When I went out for the pentathlon that first year, I was obviously skewed. For a three-person team, my running was too fast and my swimming was too slow, but once I competed, it was so challenging that I had the drive to get the gold.



“I’ve gotten a lot more balanced since then,” Tanner said. “My running has slowed down quite a bit, but my swimming and strength have increased. I’m a much better competitor than I was, all due to training and experience.”

The training that the U.S. Military Pentathlon team undergoes is compiled into a four-week program held about a month prior to the pentathlon in San Antonio, Texas, and designed for both mental and physical preparation.

“Novices have to attend the whole training camp, otherwise they’d never be able to make the team,” Tanner said. “It’s the absolute worst year. You’re so miserable from getting beat up, learning all the obstacles. But once you learn, you don’t have to relearn every year; you become part of the cadre, one of the coaches.”

For Tanner, being a veteran of the competition is what helped him make the team this year.

“Originally, I didn’t think I would be able to participate in Berlin because I couldn’t get time off from work,” Tanner said. “So instead, I went down to help out as the team physical therapist. I jumped into a few of the time trials and wound up having the best time for the obstacle courses combined. I was extremely surprised, but I train year-round lifting weights, running, biking and participating in triathlons — I guess it paid off.

“I came back to Tyndall trying to figure out how to get a replacement so I could compete,” Tanner continued. “The whole process went back and forth up until the day I left. Finally, my boss, Lt. Col. Yolanda Jimenez, 325th MDOS commander, told me to go and not worry about a replacement. That was really great, and I pretty much owe our win to her. Without her support I never would have been in Berlin.”



**Capt. James Tanner, 325th Medical Operations Squadron physical therapist**

After airplane cancellations and missed flights, Tanner wound up arriving at the pentathlon for the opening ceremonies — everyone else had been there a week prior. “I came real close to telling Staats and Wieres to put another guy in there because I didn’t feel I was ready,” Tanner said. “I was very worried about my performance. They were great teammates, and I knew they had trained so hard the whole year — I didn’t want to let them down. Now I’m glad I competed.”

Eighteen countries participated in this year’s military pentathlon, and it was the best finish for the U.S. team in more than five years. “We brought home the gold medal in the combined pistol/rifle team marksmanship and placed third for the whole pentathlon combined,” Tanner said. “It was the closest any of us individually had come to winning the whole thing — it was real tight.”

When asked what keeps him coming back year after year, Tanner said, “It’s the challenge of throwing all those events together into one competition, the camaraderie with teammates and the exposure to other NATO military members — I love it.”

Tanner’s final words about this year’s win sums it all up, “It was just a great day to be an American.”







Photos courtesy of Capt. James Tanner  
rapist, leaps over the “four-step” obstacle during this year’s military pentathlon summer training.



Tanner goes through the water-obstacle course’s time trials at the pentathlon training camp.



Tanner, middle, and past teammates row down a raging river, while participating in the land-navigation course during the 1991 Military Pentathlon in France.



Far left: Tanner aims the German G-3 rifle during the marksmanship portion of the recent pentathlon. Center left: A Canadian men’s team tackles the five-meter ladder during training in Vermont in 1999. Left: From left to right, Navy Lt. Grant Staats, Navy SEAL, Tanner and Cmdr. John Wieres, F-14 pilot, sprint to cross the finish line of the land-obstacle course in Berlin.

*(Editor’s note: For more information about the military pentathlon and how to apply, visit the web site at: [www.militarypentathlon.com](http://www.militarypentathlon.com).)*

# Awareness, prevention minimizes chance of contracting rabies

Rabies can be 100 percent preventable

Courtesy of Tyndall Public Health

Rabies is in our area and a potential threat to our people worldwide. It's a viral disease that attacks the central nervous system and can infect any mammal. Typically, the disease is spread by the bite or scratch of an infected animal. However, saliva from an infected animal can get into a wound or mucous membrane and also cause the disease.

According to the Florida Department of Health, 31 animals from April to June have tested positive for rabies in Florida. The raccoon is considered the most prevalent wildlife rabies host in Florida. However, any exposure to raccoon, bat, skunk, coyote, fox, otter, bobcat, stray cat or dog should be considered high risk. It can be difficult to determine if an animal has rabies because wild animals will frequently not exhibit any signs of the disease. However, any wild animal exhibiting odd behavior such as staggering, approaching humans or activity during the day (for nocturnal species) should be considered potentially rabid.

Since any mammal can contract rabies, not only are our pets at risk

but so are we. Fortunately, rabies in humans rarely occurs in the United States. Only 37 cases of human rabies have been reported between 1980 and 1998. But since this disease is fatal, who wants to be part of that statistic?

It's very important to seek medical attention immediately if you think you might have been exposed to rabies. Many people have heard about the old treatment for rabies consisting of 23 painful injections into the abdomen. Thankfully, the preventative treatment today consists of only one dose of immune globulin, an injection, and a series of five vaccinations. The current vaccine is relatively painless and given in the arm like a flu or tetanus shot.

Of course, the best practice is prevention. Following simple precautions can keep us safe. Here are some helpful hints provided by the Centers for Disease Control:

- Ensure family dogs and cats have current rabies vaccinations. Vaccination can be obtained by calling the base veterinary office, 283-4038, or by using an off-base veterinary service.
- Avoid all contact with wild animals, especially those that are sick or injured.
- Don't feed the wildlife.
- Don't take in any wildlife as a pet.
- Remember that an animal can appear healthy and still transmit rabies.



2nd Lt. Chris Dunn  
**Army Capt. Scott Allen, Tyndall Veterinary Office doctor of veterinary medicine, completes a routine check-up on Cassidy, a five-month-old dalmatian.**

- Prevent domestic pets from roaming; pets should be kept safely confined or on a leash.
- If a bite occurs, take the following steps:
  - Quickly and thoroughly wash the bite with soap and water.
  - Seek immediate medical care.
- The doctor will determine if rabies treatment is needed.
- Remember what the animal looks like and where the bite occurred.
- If possible, obtain vaccination information and the pet owner's name, address and phone number for bites by domestic animals.
- Do not try to capture the animal. This may result in additional injuries.
- Rabies can be fatal, but it is also preventable. For more information on rabies, call public health, 283-7138, or the base veterinary office, 283-4038.

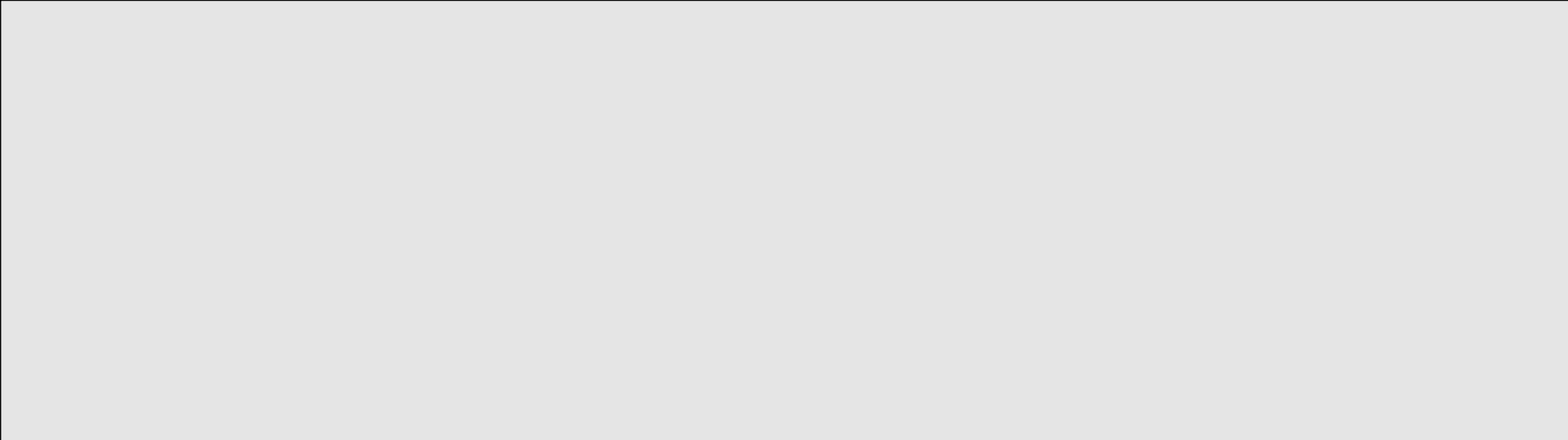
Help Us Conserve



YOU HAVE the POWER®



**Think before you drink.**





# Communicating effectively enhances relationships

**Staff Sgt. Todd Klusek**  
81st Training Wing  
Military Equal Opportunity

**KEESLER AIR FORCE BASE, Miss.** — Have you ever considered just how important effective communication really is? While it doesn't quite rank up there with food, clothing and shelter, our ability to communicate effectively plays an essential role in our lives.

Everyone, from the medical clinic to the flightline, depends on effective communication to get the job done. Let's take a look at communication and how it impacts the working environment and possible ways of improving our own communication skills.

Communication is a simple process. A sender sends a message to a receiver who in turn lets the sender know the message has been correctly received.

Unfortunately, we all know it doesn't always work that well. Sometimes barriers get in the way. Emotions and moods of individuals can have a remarkable effect on a conversation. Rank, an accent or even personal appearance can also affect communication.

Take a moment and think about

how you feel when talking with your boss as opposed to a subordinate. Does it feel different?

Now, what if the variable was race, color, religion, national origin or sex? We would have to be naïve to believe our prejudices and stereotypes could not have an impact, intentional or not, on communication.

The key is to know your personal biases and to make a conscious effort to be objective no matter what the situation.

Communication has an impact on the working environment. It should not surprise anyone that effective communication tends to have a positive impact on the unit. However, when communication goes astray, it can have a devastating impact on mission effectiveness.

Within the unit, it's much easier to go about your daily business if you feel comfortable talking with your coworkers. On the other hand, how hard is it to overcome a bad first impression or to heal a heated emotional disagreement? If left unresolved, these two situations can lead to the worst morale killer of all, "the office feud." If you work in a customer service area, you not only represent yourself; but you also represent the entire office or

flight. Your ability to ensure effective communication impacts more than just your unit. Remember — a satisfied customer may tell someone of his or her experience, a dissatisfied customer will tell everyone.

If we think of communication as a skill, we can parallel it to any other skill in that improvements can always be made with practice. Listening is a vital part of effective communication that's often overlooked. While talkers are a dime a dozen, good listeners are hard to find.

There's hope for us, though. When listening, we must concentrate on paying attention, keeping an open mind and making a valid attempt to understand what the other person is trying to say before we think about what our reply is going to be. Hopefully, we will then find ourselves on someone's "good listener" list.

We can also improve our communication skills by practicing "emotion management." All too often, we vent our frustration on an unsuspecting, innocent person who just happened to be in the wrong place at the wrong time.

As with anything worthwhile, improvements in this area take some work, but the sooner you start, the better you will communicate. It all begins with you.

## Senior NCO epitomizes Air Force core values

**Master Sgt. Russell E. White**  
Southeast Air Defense Sector  
first sergeant

Several weeks ago, one of our senior NCOs' integrity was tested. He passed that test — would you, given the same situation?

While on the way to Toys R Us with his wife one Saturday afternoon, Master Sgt. Rick Bacon spotted something lying in the center median of 23rd Street. Bacon's wife stopped the car and he jumped out to retrieve a "ratty looking" wallet. As he opened the wallet, he noticed that it held an out-of-state driver's license, a copy of a high school diploma, a Louisiana hunting license, a valuable promotional certificate, a handwritten note with directions to the Panama City Days Inn and \$710.

According to Bacon, several thoughts ran through his mind: "Who couldn't use \$710?" But the solution was never really a question — he "did the right thing." He went to the Days Inn to see if he could find some information about the person to whom the wallet and money belonged. Driving into the parking lot, he saw a group of people standing beside a truck. He stopped to ask if they knew the young

man. When Bacon said he had something that belonged to him, the group reacted with excitement.

I would have loved to see the look on the face of the 20-year-old husband and father as he learned his wallet had been found! The young man was visiting Panama City, working with an out-of-town construction crew and his wife and infant were staying with him at the hotel. The money in his wallet was from his paycheck, which had just been mailed to him the day before.

The entire family was thrilled that the wallet had been returned. The young man offered a reward, but Bacon turned it down. He told the young man that if he wanted to reward him, the best way would be to let others know there are still honest people in the world.

I'm hoping the young man will let the local newspaper hear his story, but if he doesn't, I wanted the base to know that "integrity first" is more than just a core value hanging on the wall. When you see Bacon, give him an "atta boy!" Then ask yourself, "If I had a similar experience, how would I react?" Hopefully, we will all have the same response as this fine senior NCO.



Your link  
to what’s going on

Gulf

Guide

in the  
Tyndall community

AUGUST

FRI

18

**Santa Maria barbecue**  
A Santa Maria-style barbecue is 10 a.m.-1 p.m. today outside the base commissary. A ‘Full Meal Deal’ is \$4 and includes a beef hoagie, chips and a soda. The proceeds will be used to help offset the price of tickets for the wing dining out Sept. 30.

**GCCC registration**  
Registration for Gulf Coast Community College’s fall semester is 8 a.m.-6 p.m. today. Late registration and the opportunity to drop or add courses will be Tuesday-Thursday. Admissions and testing requirements need to be completed prior to registration. Fall classes will start on Monday. For more information, call the education center, 872-3892.

**Open spearfishing tournament**  
The Tyndall Dive Club’s 30th Annual Panama City Open Spearfishing Tournament will continue today through Sunday. Any business or individual interested in event sponsorship can call Peggy Geil, 283-4565.

**Command chief position**  
An opening exists for command chief master sergeant for the 14th Flying Training Wing, Columbus AFB, Miss. The reporting date is Sept. 30. Chief master sergeants interested in applying can send their application package to: 14FTW/CCC, Attention Chief Master Sgt. Tealy Williams, 555 Seventh St., Suite 201, Columbus AFB, Miss. 39701-1000. For more information or application package requirements, call Chief Master Sgt. Tealy Williams, DSN 742-7005.

MON

21

**Anger-control workshop**  
The three-session anger-control workshop will continue 2-4 p.m. Monday in the family advocacy conference room. For more information, call family advocacy, 283-7272.

TUE

22

**Couples’ workshop**  
The four-session couples’ communication workshop will continue 3-5 p.m. Tuesday and Aug. 29 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

WED

23

**Softball tournament**  
The 83rd Fighter Weapons Squadron’s Summer Slam softball tournament will be Aug. 25-26 at Tyndall’s Falcon and Federal fields. Teams can be comprised of military members, dependents and Department of Defense civilians and employees. A \$100 team entry fee must be provided by Wednesday. A coaches’ meeting will be 1 p.m. Thursday in the conference room of Building 225. For more information, call Senior Airman Jason Swats, 283-2976 or Senior Airman Joseph Martel, 283-4652.

THU

24

**Boating skills course**  
The Coast Guard Auxiliary Flotilla 19 boating skills and seamanship course will

begin 7-9 p.m. Thursday in the classroom next to the Coast Guard Station on Coastal Systems Station. The course will offer knowledge of seamanship and navigation rules. There is no charge for the instruction, but a \$25 material charge is necessary for the textbook and study guide. The course will meet Tuesday and Thursday evenings until Oct. 10. For more information and a course schedule with a map to the classroom location, call Don O’Neal, 769-1896

FRI

25

**Dental-assistant program**  
The 325th Dental Operations Flight is accepting applications through Aug. 25 for the American Red Cross-sponsored volunteer dental assistant training program. Up to five applicants will be chosen for the six-month course scheduled to start Sept. 11. For more information, call Tech. Sgt. Richard Cotterman, 283-7590.

MON

28

**Breast-feeding class**  
A breast-feeding class will be 3-5 p.m. Aug. 28 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

SAT

29

**GPS navigation course**  
The Coast Guard Auxiliary Flotilla 16 navigation by global positioning course will be 7-9 p.m. Aug. 29 in Room 231 of the Gibson lecture hall in Gulf Coast Community College’s Student Union East building. The cost of the course is \$20 for materials. Registration and payment will start at 6:30 p.m. the night of the class. For more information, call Paul Sutliff, 271-0650.

NOTES

**Reserve program**  
The Individual Mobilization Augmentee Program provides reservists the flexibility to choose when they want to do their duty. They work out their schedule with the active-duty supervisor at the beginning of the year. The IMA requirements may be less than the traditional reserves. Most IMAs do twelve inactive duty-training days a year plus a twelve-day active-duty tour. IMA duty is performed Monday through Friday, except for career fields that work shifts, such as Security Forces. To view IMA vacancies, go to the Headquarters Air Reserve Personnel Center web site at: [www.arpc.org/arpc.htm](http://www.arpc.org/arpc.htm) and click on assignments or visit the Headquarters Air Education and Training Command web site at: [www.aetc.randolph.af.mil/res\\_ang/afreserve.htm](http://www.aetc.randolph.af.mil/res_ang/afreserve.htm). To apply or to receive additional information, call Master Sgt. Kathleen Buchanan, DSN 487-2562, commercial (210) 652-7865 or toll free, (800) 877-4721.

**Host family needed**  
The non-profit Council for Educational Travel USA Exchange Student Program is seeking a host home for a 17-year-old exchange student from Hong Kong due to arrive in late August. He speaks English, has his own spending money and insurance and is eager to become a participating member of an American family for five months. Hosts provide room, board and parental guidance for the student during the year. For more information on hosting this boy or a girl from Germany, call the CETUSA office, (888) 725-7747.

**Upcoming dining out**  
Tyndall’s ‘Defending the Dream’ Dining Out will be Sept. 30 at the Pelican Reef Enlisted Club. Limited seating will be available. This social event is for military, nonmilitary spouses, friends and civilians to meet at a formal military function. Military members must wear mess dress or the semiformal uniform. For more information, call your first sergeant.

RETIREE NEWS

**Social Security benefits**  
The Social Security Administration is offering a monthly electronic newsletter entitled “e-news.” The newsletter will contain updated information on subjects such as retirement, survivor’s disability, supplemental security income, Medicare, laws and regulations and wage reporting. To sign up for regular e-mail delivery of the newsletter, log on to: [www.ssa.gov/](http://www.ssa.gov/) and click on the subscription button.  
Another resource for retirees is the “2000 Retired Military Almanac” which can be ordered directly from the publisher for \$7.95 or \$8.95 for first class mail. This 252-page almanac contains information on military health care, including TRICARE, Social Security legislation, veterans’ benefits and space-available lodging and travel.  
To order, write to Uniformed Services Almanac, Inc., P.O. Box 4144-AB, Falls Church, VA 22044 or to order by credit card, call toll free, (888) 872-9698. A copy of the almanac is also available for use in the Tyndall Retiree Activities Office.

YARD SALES

The following yard sales are scheduled for Saturday: 3682-B Kisling Loop, 3163-A Tiger St. and 3543-B Andrews Loop. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

**Today:** “The Perfect Storm” (PG-13, language and scenes of peril, 130 min.)  
**Saturday: 2 p.m.** — “Chicken Run” (G, animated, 83 min.)  
**7 p.m.** — “The Perfect Storm”  
**Sunday:** “Chicken Run”  
**Thursday:** “The Perfect Storm”

BERG LILES DINING FACILITY

**Today**  
Lunch: hamburger stroganoff, mustard-dill baked fish  
Dinner: french-fried fish, savory baked chicken  
  
**Saturday**  
Lunch: baked ham, Cajun baked fish  
Dinner: hamburger Parmesan, creole pork steaks  
  
**Sunday**  
Lunch: baked chicken, onion-lemon baked fish  
Dinner: baked Italian sausage, baked tuna and noodles  
  
**Monday**  
Lunch: tamale pie, baked fish  
Dinner: lasagna, Szechwan chicken  
  
**Tuesday**  
Lunch: Caribbean jerk chicken, pork adobo  
Dinner: country captain chicken, mustard-dill baked fish  
  
**Wednesday**  
Lunch: sauerbraten, jaegerschnitzel  
Dinner: Swedish meatballs, savory baked chicken  
  
**Thursday**  
Lunch: chicken Parmesan, golden-fried fish  
Dinner: roasted pork loin, Hungarian goulash  
  
Menus are subject to change.



# Tyndall II ROTC says ‘thank you’

**Cadet Joel Bloomquist**  
*Reserve Officer Training Corp*

The cadets and staff of the Air Force Reserve Officer Training Corp would like to thank the people of Tyndall for their support in making our recent field training an overwhelming success. The Tyndall II ROTC encampment consisted of 260 cadets and staff who were here for five weeks of training.

A special ‘thank you’ goes out to the following agencies for going above and beyond the normal call of duty: the chaplain corps; 325th Security Forces Squadron; 325th Comptroller Flight; 325th Fighter Wing safety office; 325th Medical Group; 1st Fighter Squadron; 2nd Fighter Squadron; 95th Fighter Squadron; Air Combat Maneuvering Instrumentation; 325th Training Squadron; Trend Western Technical Corp; 325th

Civil Engineer Squadron explosive ordnance disposal flight; 325th CE fire protection flight; Detachment 1, 823rd RED HORSE Squadron; Tyndall Officers Club; Headquarters, Air Force Civil Engineer Support Agency; 325th MDG aerospace physiology; 325th Operations Support Squadron; 325th Services Squadron lodging; 325th SVS food service and the Southeast Air Defense Sector.

## Spotlight

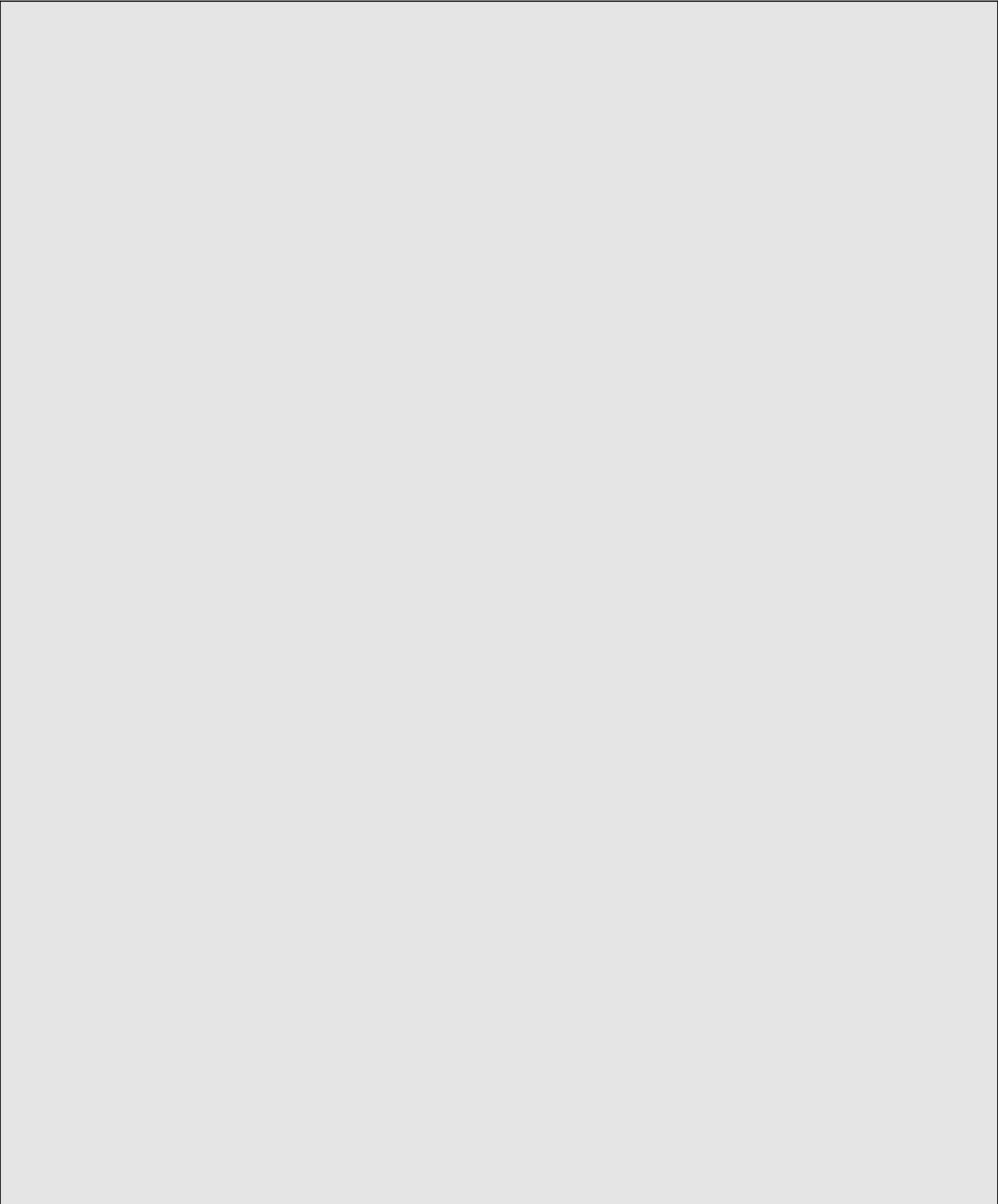


2nd Lt. Chris Dunn

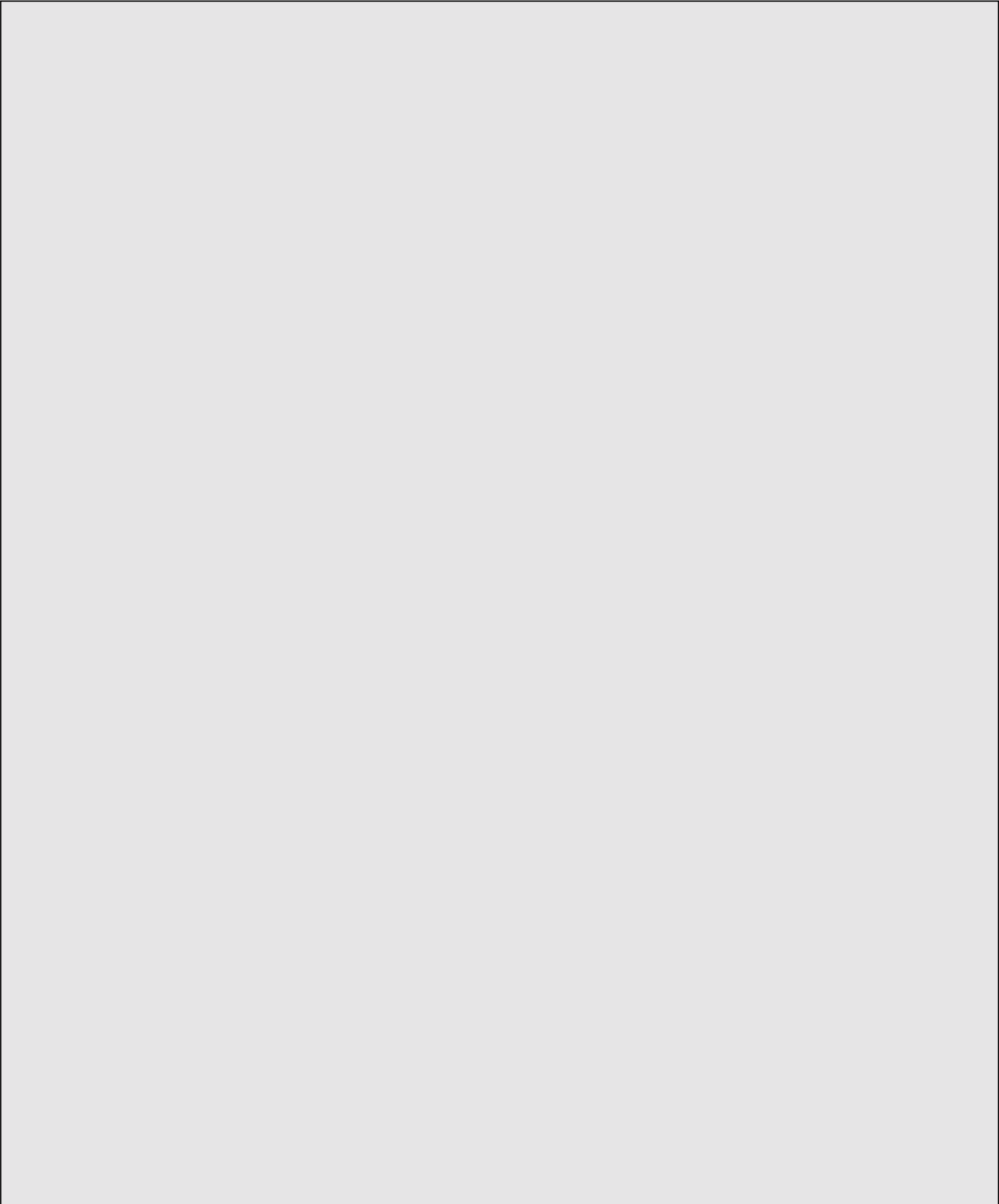
### Staff Sgt. Gary A. Suvill

**Squadron:** 325th Services Squadron  
**Job title:** Fitness center NCO in charge  
**Years at Tyndall:** Five years  
**Hometown:** Brooklyn, N.Y.  
**Why did you join the Air Force:** To see the world and further my education.  
**Most exciting facet of your job:** Meeting new people and helping them achieve their personal and physical best.  
**Short term goals:** Continue studying to make technical sergeant.  
**Long term goals:** Complete a long and prosperous career in the Air Force.  
**Favorite book:** “Promotion Fitness Examination Study Guide”  
**Favorite movie:** “Soul Food”  
**Hobbies and off-duty activities:** Spending time with my family, working out and watching movies.









# Sports and fitness

## On the run

2nd Lt. Steve A. Vorisek, 325th Training Squadron air battle management student, gets in his daily aerobic workout during lunch by running on one of the fitness center's treadmills.



2nd Lt. Chris Dunn

### Intramural men's softball

Team	Wins	Losses
Federal league		
325 LSS	19	3
AFCESA	18	4
RHS	17	5
325 CES	16	6
325 SVS	14	8
TW	12	10
CONS	11	11
53 WEG	9	13
CONR	7	15
83 FWS 2	5	17
SEADS 2	3	18
325 TRS 2	0	21

### Intramural men's softball

Team	Wins	Losses
Falcon league		
325 OSS	16	4
325 SFS	16	4
1 FS	13	6
325 MSS	12	7
SEADS 1	11	8
325 TRS 1	10	9
325 MDG	9	10
325 COMM	8	11
325 MXS 1	6	12
95 FS	4	16
83 FWS 1	0	18

### Intramural women's softball

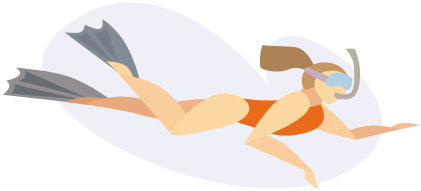
Team	Wins	Losses
Eagle league		
325 OPS GP	6	1
NCOA	5	3
325 MDG	4	3
325 COM	0	8

There's only one way to come out ahead of the pack.

QUIT



American Heart Association  
WE'RE FIGHTING FOR YOUR LIFE



Every member of *Team Tyndall* is valuable. Play it safe, don't become a statistic.